

**FOR IMMEDIATE RELEASE**

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## Mental Health Matters Provides Mindfulness Training at 2 Local Schools

**SEPTEMBER 24, 2018** – After a competitive application process, Cadott Jr./Sr. High School and Eau Claire Memorial High School have been selected to receive mindfulness training. During the 2018-2019 academic year, 30 staff at each school will receive training through the Mental Health Matters grant.

Mindfulness is paying attention to the here and now. The benefits of practicing mindfulness are being able to better manage stress, improve focus, and be more compassionate. The goal of the mindfulness training is to create a positive school environment that supports student social and emotional learning and development.

Both schools are excited to receive mindfulness training.

“This opportunity will truly be a life changing experience. Mindfulness is an invaluable resource, which can support our students’ journeys toward reaching their greatest potential. These trainings will guide both students and teachers in living a more positive, productive, and graceful life,” says Cheyenne Hei, Cadott School District Speech-Language Pathologist.

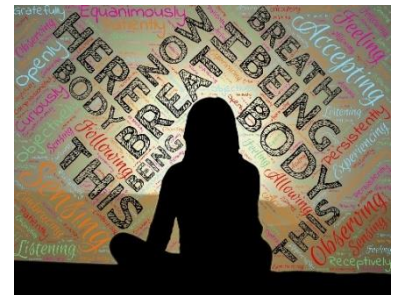
Staff at Memorial and Cadott schools will first participate in a six-session mindfulness training course. Then they will work together to determine the best ways to integrate mindfulness practice for other school staff and students.

The long-term goal of teaching mindfulness practice in schools is to reduce behavioral challenges, and improve attendance, motivation, and focus at school. This will ultimately lead to improving student academic achievement and social/emotional wellbeing.

Mental Health Matters grant funding aims to support up to two schools each year for the next four years to implement mindfulness in Chippewa and Eau Claire counties. For more information, visit:

<https://cvmentalhealthmatters.org/>

*Mental Health Matters is a partnership of organizations of more than twenty multi-sector organizations in Chippewa and Eau Claire counties who are working together to improve mental well-being for middle and high school youth. The partnership supports mindfulness as a way to improve mental well-being. The Mental Health Matters project is funded by the Advancing a Healthier Wisconsin Endowment at the Medical College of Wisconsin.*



*In my 23 years as a counselor at Memorial High School, I have never seen such a need for students to learn a skill/strategy for dealing with life,” shares Jane-Adler-Corning. “Mindfulness is exactly what we, as a school, need right now.”*